

## Ethos Traditional HDM Menu- June 2025



A suggested donation of \$2.00 is requested. Each meal includes low-fat milk and margarine. Total calories and sodium, including milk and margarine, are listed for each day. Calories for the total meal, including milk and margarine, are listed for each day. Milligrams of sodium (Na+) are listed to the right of each item. Milk=125 mg sodium. Margarine=35 mg sodium. Menus are subject to change.

***To RSVP, please see your site coordinator.***

**All HDM Drivers are required to see someone at delivery. No meals will be left without seeing someone at delivery.**

***To RSVP, please see your site coordinator.***

Monday 6/2		Tuesday 6/3		Wednesday 6/4		Thursday 6/5		Friday 6/6	
	Na+		Na+		Na+		Na+		Na+
Meatballs & Marinara (Beef & Chicken)	605	Creamy Balsamic Chicken	154	Whole Grain Mac & Cheese	385	Pulled Pork Tacos w/ Lime Wedge	404	BBQ Chicken	555
w/ Parm		Rice Pilaf	49	Broccoli	38	Brown Rice	25	Roasted Sweet Potatoes	21
Whole Grain Pasta	4	Green Beans & Red Peppers	20	Oatmeal Roll	260	Black Beans, Corn & Peppers	61	Brussel Sprouts	26
Mixed Vegetables	51	Dinner Roll	100	Pudding	130	Mini Tortillas (2)	270	Cornbread Loaf	180
Wheat Roll	150	Chocolate Chip Cookie	80			Fruit	0	Fruit	0
Fruit	0								
Cal:692 Na:945mg		Cal:872 Na:538mg		Cal:752 Na:948mg		Cal:788 Na:895mg		Cal:652 Na:917mg	
Monday 6/9		Tuesday 6/10		Wednesday 6/11		Thursday 6/12		Friday 6/13	
	Na+		Na+		Na+		Na+		Na+
Meatloaf w/ Gravy	546	Shrimp Scampi	451	Tomato Bruschetta Chicken	335	Braised Beef & Vegetables	155	American Chop Suey (Turkey)	270
Garlic Mashed Potatoes	22	Whole Grain Pasta	4	Roasted Potatoes	85	Polenta	4	Whole Grain Pasta	4
Carrots	56	Broccoli	38	Green Peas	20	Kale & Corn	11	Vegetable Medley	54
Wheat Roll	150	Dinner Roll	100	Wheat Dinner Roll	100	Oatmeal Roll	260	Wheat Bread	65
Pudding	130	Fruit	0	Blueberry Bread	250	Fruit	5	Fruit	2
Cal:705 Na:1039mg		Cal:682 Na:728mg		Cal:805 Na:925mg		Cal:644 Na:570mg		Cal:744 Na:530mg	

**ANNOUNCEMENTS**



## ANNOUCEMENTS ON ETHOS HOLIDAY CLOSURES

**Thursday, June 19, 2025, Ethos is closed for the Juneteenth Holiday.** Frozen meals are delivered on June 16, 2025.

**Friday, July 4, 2025, Ethos is closed for the Independence Day Holiday.** Frozen meals are delivered on June 30, 2025.



**Please notify Ethos of any life threatening food allergies @ 617-477-6606**

Ethos Traditional HDM Menu- June 2025

Monday 6/16		Tuesday 6/17		Wednesday 6/18		Thursday 6/19		Friday 6/20	
High Sodium Meal	Na+		Na+		Na+	<div><div>JUNETEENTH</div><div>Celebrate Freedom</div><div>JUNE 19th</div><div>Ethos is closed. Frozen meals delivered week of June 9, 2025</div></div>			Na+
Corned Beef & Swiss Reuben w/ Sauerkraut	857	Crispy Chicken	185	Cheese Lasagna	390			Swedish Meatballs (Beef & Chicken)	370
Roasted Potatoes	85	Black Eyed Peas	141	w/ Turkey Bolognese	190			Egg Noodles	7
California Blend Vegetables	34	Collards, Corn & Peppers	40	Mixed Root Veggies	65			Green Peas	20
Wheat Bread (2 slices)	130	Cornbread Loaf	180	Wheat Bread	65			Wheat Roll	150
Fruit	2	Banana Bread	240	Shortbread Cookie	150			Fruit	0
Mustard	55								
Cal:768 Na:1298mg		Cal:1115 Na:921mg		Cal:870 Na:995mg				Cal:756 Na:682mg	

Monday 6/23		Tuesday 6/24		Wednesday 6/25		Thursday 6/26		Friday 6/27	
	Na+		Na+		Na+		Na+		Na+
Cheese Tortellini	175	Cheeseburger	368	BBQ Jerk Salmon	390	Chicken Anna Maria	468	Tuscan White Fish	413
w/ Lemon Ricotta Parmesan Sauce	45	Potato Wedges	20	White Rice	25	Mashed Potatoes	22	Rice Pilaf	50
Vegetable Medley	54	Green Beans	20	Black Bean, Corn & Peppers	61	Broccoli	38	Brussel Sprouts	26
Wheat Roll	150	Wheat Hamburger Bun	80	Wheat Roll	150	Dinner Roll	100	Hawaiian Roll	80
Fruit	0	Fruit	1	Pound Cake	240	Pudding	130	Fruit	2
Ketchup	85								
Cal:670 Na:559mg		Cal:811 Na:709mg		Cal:861 Na:1001mg		Cal:704 Na:893mg		Cal:718 Na:706mg	

Monday 6/30

Na+

Stewed Chicken Drumstick

213

Mashed Potatoes

22

Carrots

56

Oatmeal Roll

260

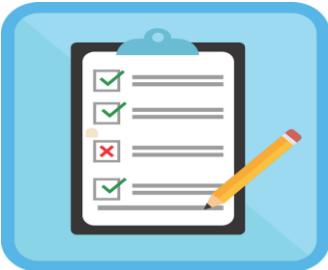
Pudding

130

Cal:744 Na:816mg

Ethos Nutrition Annual Survey – Due Friday, July 11, 2025!

This month, you will receive our annual Home Delivered Meals survey delivered by HDM driver. Your input is valuable to our program, so we are requesting clients to complete the survey by Friday, July 13, 2025. All answers are anonymous and confidential. When finished, you can either return your survey to your HDM driver or mail the survey to Ethos at 555 Amory Street, Jamaica Plain, MA 02130. Thank you!



Time to Recharge Our Vitamin D Stores!

As we age, we need more vitamin D to protect healthy bones and muscle function. The recommended dietary amount is 600-800 IU daily for older adults. Ways to get more vitamin D are to:

- Drink fortified beverages - milk, soymilk, orange juice
- Eat foods such as breakfast cereals, salmon, sardines, eggs and mushrooms
- Sit in direct sunlight - about 15 to 30 minutes daily.
- Dietary supplement - under the supervision of your medical provider



Questions about menus or concerns about your nutrition status? Please contact the Ethos Dietitian at 617-477-6606.

Please notify Ethos of any life threatening food allergies @ 617-477-6606